

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



Subject: "A Dinner for the Glorious Fourth." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Ice Creams Frozen Without Stirring."

--ooOoo--

The Fourth of July, the glorious Fourth, is almost upon us. So I reminded the Menu Specialist the other day.

"What's the proper dinner for the Fourth of July?" I asked her.

"It all depends," said the Menu Specialist. "It all depends on what part of the country you come from. Now you, being brought up in the Middle West, will want fried chicken, Isn't that so?"

"Of course. We always had fried chicken on the Fourth of July. Fried chicken with cream gravy, and new potatoes and string beans."

"So I thought," said the Menu Specialist. "But I, being from New England, always had boiled fresh salmon with egg sauce, on the glorious Fourth."

How queer, I thought to myself -- but I didn't say a word, because after all New Englanders have just as much right to their fresh salmon as Middle Westerners do to their fried chicken. Isn't it interesting, to compare the foods which are most popular in different parts of our country?"

The Menu Specialist suggested two meals for us -- the same dessert goes with either dinner.

The first menu is for those who live in Dixie or the Middle West: Fried Chicken with Cream Gravy; New Potatoes; String Beans; Radishes; Cucumbers; Hot Biscuits or Corn Bread; Ice Cream. I'll tell you about the ice cream in a few minutes.

Those who live in New England, along the Atlantic Seaboard, will expect to have Boiled Fresh Salmon with Egg Sauce; New Potatoes; and Peas.



I wish I knew the favorite Fourth o' July dinner in California. Will the Californians and other Pacific Coasters please speak up, and tell us their menu for the Fourth of July?

Now let me describe a delicious and patriotic dessert -- good for any part of the country. First, bring me a blue and white platter. That's the kind. On this blue and white platter, let's have a mound of vanilla ice cream, scooped up out of the freezer, or slipped out of a tray from the electric refrigerator. Over this white ice cream, on the blue and white platter, we'll pour crushed strawberries, or whole red raspberries, or some other red fruit. And around the edge, we want lady fingers, stocking up like a picket fence. If you get the long single lady fingers, that come on a strip of paper, cut them in half so that they will stick up well and not be too high. The lady fingers, served along with the ice cream, take the place of cake. Stick little flags in the lady fingers, to give a more patriotic air.

- Now isn't that a real dessert? And what could be more patriotic, than a dessert in red, white, and blue.

Which reminds me that we should have a bouquet. A centerpiece of blue corn-flowers, red poppies, and daisies is pretty. Another good combination in red, white, and blue is delphinium, red sweet peas, and the white flower known as baby's breath. There are many other appropriate bouquets, which might grace the table on this particular holiday.

Now, to get back to the fried chicken dinner. It is very likely that everybody listening in today knows how to fry a chicken -- still and all, there may be a very young housekeeper who would appreciate directions for fried chicken. For her sake, I'll broadcast directions:

Select young, plump chickens. Remove the pin feathers. Wash the chicken, draw, and cut into pieces suitable for serving. Wipe dry. Sprinkle with salt and pepper. Rub well with flour. In a heavy skillet, heat a generous quantity of well-flavored fat, to just below the smoking point. Then put in the larger and thicker pieces of chicken, so that each piece will be surrounded by the hot fat. Partly cover, and watch closely to prevent scorching. Turn the chicken as soon as it becomes golden brown. Reduce the heat, cook until tender, and drain on paper to absorb the excess fat. As the larger pieces are removed, add the smaller ones, and all will be finished about the same time.

For gravy, to each 2 tablespoons of fat in the skillet allow 2 tablespoons of flour, cook for a few minutes, stir constantly, add 1 and 1/2 cups of rich milk, and cook until thickened. Add more salt and pepper if needed, sprinkle finely chopped parsley over the gravy, and serve hot with the chicken.

There's only one question today, and it is answered by the Ice Cream leaflet. "Ice Creams Frozen Without Stirring," is the name. It's a good leaflet to have on hand in the summer time. There's a recipe for a plain mousse, and lots of suggestions as to how to vary this foundation recipe. Would you like a Coffee Ice Cream? Or Peppermint? Or Peanut Brittle? I've tried them all, and they are all delicious.

Tomorrow -- well, I'm not sure just what we will talk about tomorrow. ~~Maybe~~ I'll tell you about my Ice Cream Sandwich.

